

# Safe Food Handling in the Changing Long Term Care Environment

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# F371- Sanitary Conditions

## CFR. 483. 35 91

- Facility must
  - Procure food from sources approved or considered satisfactory by Federal, State or local authorities; and
  - Store, prepare, distribute and serve food under sanitary conditions.
  - Follows proper sanitation and food handling practices to prevent the outbreak of foodborne illness.
  - Reference: CMS-804 (7-95)

# Definitions

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- Cross Contamination
  - Danger Zone
  - Food Contamination
  - Foodborne Illness
  - Dry Storage
  - Food Preparation
  - Food Service/Distribution

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- Highly Susceptible Population
  - Pathogen
  - Potentially Hazardous Foods
  - Ready to eat Food
  - Storage
  - Toxins

# Changes in the Dining Department

- Historical tray line service relied on a “supervisor” and with the transition to “homelike” environment.
- Now ---
- Neighborhoods, households, greenhouses
- Country Kitchens
- Nursing, dietary, universal workers all participate in meal service

# Purchasing Food

- Purchase food from approved sources
- Review vendors - HACCP (Flow of Food, from receiving to serving) procedures in place with vendors, continues throughout food handling at community

# Receiving Food

- Inspect products on delivery
- Check temperatures of products
- Dry Food Storage

# Refrigerator Storage

- Cover, label, and date - have expiration date on product
- Determine policy for discarding perishable foods
- Monitor temperatures of all refrigerator equipment

# Refrigerator Storage

- Refrigerator should be below 41 degrees F – if above this, contact a supervisor
- Cover all foods
- Raw Meats on bottom shelves, see Proper Refrigerator Storage Handout



# Infection Control/Cross Contamination

- Avoid Cross-Contamination through Safe Food Handling.
- Basic infection control practices will prevent the contamination of food with infectious microorganisms (bacteria, viruses).

# Rules of the Kitchen

- No smoking, eating, drinking beverages, chewing gum or using toothpicks while on duty.
- Do not come to work ill, report any illness to your supervisor.....
- Handouts: Food Employee Health Policy questionnaire and Foodborne illness guidelines
- Uniforms, haircoverings
- Follow the hand washing procedures

# Handwashing

- All employees associated with the handling of food must wash their hands.
- Alcohol based sanitizer is not a replacement for washing hands.
- Hand washing Procedure

# Safe Food Preparation

- Thawing – Keep foods out of the danger zone
  - In refrigerator
  - Cold running potable water
  - Microwaved, then cooked immediately
  - As part of a continuous cooking process
- Preparation – Be aware of the length of time PHF is in the Danger Zone

# Cooking Temperatures

- Cooking is a Critical control point for preventing Foodborne illness.
- Cook to the appropriate temperature
- Hold the food at the appropriate temperature

**Keep  
Hot Foods  
Hot!**

**Keep  
Cold Foods  
Cold!**



# Cooking Temperatures

- Procedure for taking a temperature
- Temperature Logs
- Reheating Foods

# Assuring Compliance with Decentralized Service

- Train on hiring and on-going
- Pre meal Service
  - Include menu, portions, serving utensils and food allergies
  - Add a short training or communication tip
- Reference material available on unit (equipment use)
- Quality Assurance Performance Improvement



# Food Handling

- Dish Handling
- Ice Handling
- Silverware and utensils

# Serving Guidelines

- While serving, be sure the serving utensil handle remains out of the food.
- Use a spatula, tongs or wear disposable gloves while handling food. Change those gloves if moving to another activity or food.
- Do not wipe hands on apron or uniform
- If handling money, wash hands before serving food again.

# Cooling Food

- Food should be cooled quickly out of the Danger Zone
- Use shallow pans, with product no more than 2 inches deep
- Change the pan from one that the food was cooked or held in.
- Cut into smaller portions
- Cool in the walk-in cooler, not in smaller units
- Food must drop from 120 degrees to 70 degrees in 2 hours and then to less than 41 degrees within 4 additional hours

# Food Distribution

- Passing and transporting food
- Wash hands before beginning service
- Avoid cross-contamination, when clearing soiled dishes wash hands before passing food
- Snacks, same food handling rules
- Take out or bag lunches
- Ice handling

# Cleaning and Sanitizing

- Improper cleaning and sanitizing is a potential cause for foodborne illness.
- Protect equipment from contamination
- Review dish machine and manual washing processes

# Cleaning vs Sanitizing

- Cleaning is the removal of visible dirt from a surface and must be completed before the sanitizing step.
- Sanitizing eliminates bacteria or microorganisms that can lead to illness.
- Remember, clean the surface or dish, rinse and then sanitize.

# Sanitizing Musts

- Be sure the concentration is correct
- Be sure the water is at the proper temperature per manufacturers directions for your warewashing products.
- Be sure the sanitizing solution remains in contact with the surface for the correct amount of time

# Dish Machine

- Check temperature and record
- High Temperature Dishwasher (heat sanitization)
  - 150-165 degree F wash, 180 degree F rinse
  - Follow Manufacturer recommendations for each machine
- Low Temperature Dishwasher (chemical sanitization)
- AIR DRY ALL ITEMS
- Monitor for Cross-Contamination



# Food Code

- Michigan follows the 2009 Food Code – adopted 10/1 2012
- Contains more definitive references/guidelines
- Always follow the most strict rule

# Regulatory Success in Your Kitchen

- General Kitchen walk through
- Refrigerators
- Dishwasher/Pot & Pan area
- Ensure that proper air gaps and/or backflow preventers are in place.
- Storeroom
- Refrigerators on nursing units
- Production

# Food Allergy

- What is it?
  - Immune system response to a food the body mistakenly determines as harmful
- Symptoms
- Anaphylaxis

# Common Food Allergies

- Peanuts
- Fish and Shellfish
- Tree Nuts
- Milk
- Eggs
- Wheat
- Soy

# Hidden Ingredients

- Read the Food Label
- Ingredients: Durum Wheat Flour, semolina, ricotta cheese, eggs, romano cheese, water, tomato, onions.
- Contains: Milk, wheat and egg ingredients.

# Awareness

- Cross-Contact
- Do not try to “Fix” the meal – Discard it
- Start over!

# Discussion